Lesson Plan #1

Science and Dance

First Grade

**NCSCOS Objectives**

**Science**

* 4.01 Describe different ways in which objects can be moved.

**Dance**

* 1.02 Demonstrate and explore the element of space in dance: personal/general, locomotor/non-locomotor movement, axial movement, shape, level, direction, and pathways.
* 2.04 Improvise and create movement based on own ideas and concepts from other sources.

**Objectives**

* The student will be able to list at least 7 different ways their bodies can move and then demonstrate them.
* The student will be able to demonstrate moving slow and fast and high and low by moving their body to different music.
* The student will be able to demonstrate what the difference between moving and not moving by dancing to different music.

**Materials**

* Computer with music
  + <http://www.youtube.com/watch?v=SbIaYZEUF1M> (normal)
  + <http://www.youtube.com/watch?v=ho-UKY91uQc&playnext=1&list=PLF53D63700E2F0C9E> (slow)
* Chart paper
* Markers

**Procedure**

1. The teacher will play music for a short period of time and tell the students to use movement to move around the room until the music stops.
2. When the music stops the teacher will gather the students back and ask, “How did you move?”
   1. Students will answer: walked, ran, skipped, tip toed, hopped, jumped, leaped, rolled etc.
   2. Teacher explains what movement is – going from one place to another. Teacher explains how soccer is not a movement but you use movement and the ball moves.
3. The teacher tells the students to play the movement game with a partner. Go back and forth listing different ways to move your body, but do not repeat any!
4. After the students play the game the teacher says they are going to listen to the music and show movement each time they hear the music. Each time the teacher stops the music the students must freeze. Students should try to show a different type of movement each time.
5. Once the students have gone through several rounds the teacher asks if moving slow is the same as moving fast. The teacher will also ask what the difference between crawling and leaping are.
6. The teacher will the play slow music and fast music and have the students to the correct movements with the speed.
7. The teacher will then call out high and low for movements and the students must demonstrate those kinds of movements.
8. The students will turn to their partner and share their favorite type of movement, speed, and height.

**Assessment Checklist**

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| --- | --- | --- | --- | --- |
| **Student’s Name** | **Can list different types of movement** | **Can show multiple movements** | **Can show fast and slow movements** | **Can show high and low movements** |
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